

### Introduction

You have the opportunity to participate in this study. The potential benefits of being involved in this study include the opportunity to help us learn about the potential benefits mindfulness programs may have on children's health, well-being, and ability to manage stress.

Your parents have been informed about this study and have given permission for you to take part in these surveys; however, the final choice for taking part in these surveys is yours. If you agree to take part in these surveys please note the following:

- Your answers are confidential and your name will not be linked to your answers. Your answers will not be shared with your teachers, parents, or other students.
- You have the right not to answer any question or questions you do not want to answer.
- If you begin to take part in the study and later decide you no longer want to participate in the survey part of the study you can choose not to complete the surveys.
- If you decide to no longer take part in the surveys it is alright with your teachers, parents and the researchers.
- By completing the survey you are giving your permission or consent to participate."

**YOUR UNIQUE NUMBER:** Your teacher will assign you a 5-digit number that you can use each time you sign in to take one of these surveys.

1. Please write your unique ID number in this box: \_\_\_\_\_
2. What is your teacher's name?: \_\_\_\_\_
3. What is today's date today's date? \_\_\_\_\_
4. What is your GENDER/SEX?: \_\_\_\_\_ FEMALE \_\_\_\_\_ MALE
5. How OLD are you today?: \_\_\_\_\_ years \_\_\_\_\_ months
6. What GRADE are you in?: \_\_\_\_\_

ID# \_\_\_\_\_

We would like your help by filling in the items in this questionnaire. We would like to find out about how you think and feel about different things. For each item we would like you to say how much you agree or disagree with it. Please fill in **each item** with only **one response** by circling the number that you think is the right one for you!

		I STRONGLY DISAGREE	I SOMEWHAT DISAGREE	I DON'T AGREE OR DISAGREE	I SOMEWHAT AGREE	I STRONGLY AGREE
1.	I like school holidays	1	2	3	4	5
2.	I feel sorry for other kids who don't have toys and clothes.	1	2	3	4	5
3.	When I am angry or upset and someone, I usually try to imagine what he or she is thinking or feeling.	1	2	3	4	5
4.	It makes me sad to see a child who can't find anyone to play with.	1	2	3	4	5
5.	I can tell by looking at a person, whether they are happy.	1	2	3	4	5
6.	Seeing a child who is crying makes me feel like crying.	1	2	3	4	5
7.	I really like to watch people open presents, even when I don't get a present myself.	1	2	3	4	5
8.	Sometimes I cry when I watch TV.	1	2	3	4	5

		I STRONGLY DISAGREE	I SOMEWHAT DISAGREE	I DON'T AGREE OR DISAGREE	I SOMEWHAT AGREE	I STRONGLY AGREE
9.	When I see someone being picked on, I feel kind of sorry for them.	1	2	3	4	5
10.	When I am arguing with my friends about what we are going to do, I think carefully about what they are saying before I decide whose idea is best.	1	2	3	4	5
11.	I can tell what mood my parents are in by the look on their faces.	1	2	3	4	5
12.	I get upset when I see a child being hurt.	1	2	3	4	5
13.	I <u>don't</u> feel sorry for other children who are being teased or picked on.	1	2	3	4	5
14.	I notice straight away when something makes my best friend unhappy.	1	2	3	4	5
15.	Some songs make me so sad I feel like crying.	1	2	3	4	5
16.	I feel sorry for people who don't have the things that I have.	1	2	3	4	5

ID# \_\_\_\_\_

		<b>I STRONGLY DISAGREE</b>	<b>I SOMEWHAT DISAGREE</b>	<b>I DON'T AGREE OR DISAGREE</b>	<b>I SOMEWHAT AGREE</b>	<b>I STRONGLY AGREE</b>
17.	I can often guess the ending of other people's sentences because I know what they are about to say.	1	2	3	4	5
18.	When I see someone suffering, I feel bad too.	1	2	3	4	5
19.	I often try to understand my friends better by seeing things from their point of view.	1	2	3	4	5
20.	When I walk by a needy person I feel like giving them something.	1	2	3	4	5
21.	On the phone I can tell if the other person is happy or sad by the tone of their voice.	1	2	3	4	5
22.	It upsets me when another child is being shouted at.	1	2	3	4	5
23.	I often know the ending of movies or books before they have finished.	1	2	3	4	5
24.	When I see another child who is hurt or upset, I feel sorry for them.	1	2	3	4	5
25.	When my parents get upset I feel bad.	1	2	3	4	5

ID# \_\_\_\_\_

		<b>I STRONGLY DISAGREE</b>	<b>I SOMEWHAT DISAGREE</b>	<b>I DON'T AGREE OR DISAGREE</b>	<b>I SOMEWHAT AGREE</b>	<b>I STRONGLY AGREE</b>
26.	I think people can have different opinions about the same thing.	1	2	3	4	5
27.	I get upset when I see an animal being hurt.	1	2	3	4	5
28.	I often feel sorry for other children who are sad or in trouble.	1	2	3	4	5
29.	I can tell by the look on my parent's face whether it's a good time to ask them for something.	1	2	3	4	5

SEE NEXT SECTION →

Below is a collection of statements about your everyday experience. Using the 1–5 scale below, please indicate how true or untrue each statement is for you at this time. Please answer according to what *is really true for you* at this time. Circle the number that best represents your response in the space to the right of each question.

		<b>NOT AT ALL TRUE FOR ME</b>	<b>NOT VERY TRUE FOR ME</b>	<b>NEITHER TRUE NOR UNTRUE FOR ME</b>	<b>SOMEWHAT TRUE FOR ME</b>	<b>REALLY TRUE FOR ME</b>
1.	It's hard for me to notice when I've "had enough" (sweets, food, etc.).	1	2	3	4	5
2.	When I'm sad, I can usually start doing something that will make me feel better.	1	2	3	4	5
3.	If something isn't going according to my plans, I change my actions to try and reach my goal.	1	2	3	4	5
4.	I can find ways to make myself study even when my friends want to go out.	1	2	3	4	5
5.	I lose track of the time when I'm doing something fun.	1	2	3	4	5
6.	When I'm bored I fidget or can't sit still.	1	2	3	4	5
7.	It's hard for me to get started on big projects that require planning in advance.	1	2	3	4	5
8.	I can usually act normal around everybody if I'm upset with someone.	1	2	3	4	5
9.	I am good at keeping track of lots of things going on around me, even when I'm feeling stressed.	1	2	3	4	5
10.	When I'm having a tough day, I stop myself from whining about it to my family or friends.	1	2	3	4	5
11.	I can start a new task even if I'm already tired.	1	2	3	4	5
12.	I lose control whenever I don't get my way.	1	2	3	4	5

		<b>NOT AT ALL TRUE FOR ME</b>	<b>NOT VERY TRUE FOR ME</b>	<b>NEITHER TRUE NOR UNTRUE FOR ME</b>	<b>SOMEWHAT TRUE FOR ME</b>	<b>REALLY TRUE FOR ME</b>
13.	Little problems detract me from my long-term plans.	1	2	3	4	5
14.	I forget about whatever else I need to do when I'm doing something really fun.	1	2	3	4	5
15.	If I really want something, I have to have it right away.	1	2	3	4	5
16.	During a dull class, I have trouble forcing myself to start paying attention.	1	2	3	4	5
17.	After I'm interrupted or distracted, I can easily continue working where I left off.	1	2	3	4	5
18.	If there are other things going on around me, I find it hard to keep my attention focused on whatever I'm doing.	1	2	3	4	5
19.	I never know how much more work I have to do.	1	2	3	4	5
20.	When I have a serious disagreement with someone, I can talk calmly about it without losing control.	1	2	3	4	5
21.	It's hard to start making plans to deal with a big project or problem, especially when I'm feeling stressed.	1	2	3	4	5
22.	I can calm myself down when I'm excited or all wound up.	1	2	3	4	5
23.	I can stay focused on my work even when it's dull.	1	2	3	4	5

		<b>NOT AT ALL TRUE FOR ME</b>	<b>NOT VERY TRUE FOR ME</b>	<b>NEITHER TRUE NOR UNTRUE FOR ME</b>	<b>SOMEWHAT TRUE FOR ME</b>	<b>REALLY TRUE FOR ME</b>
24.	I usually know when I'm going to start crying.	1	2	3	4	5
25.	I can stop myself from doing things like throwing objects when I'm mad.	1	2	3	4	5
26.	I work carefully when I know something will be tricky.	1	2	3	4	5
27.	I am usually aware of my feelings before I let them out.	1	2	3	4	5
28.	In class, I can concentrate on my work even if my friends are talking.	1	2	3	4	5
29.	When I'm excited about reaching a goal (e.g., getting my driver's license, going to college), it's easy to start working toward it.	1	2	3	4	5
30.	I can find a way to stick with my plans and goals, even when it's tough.	1	2	3	4	5
31.	When I have a big project, I can keep working it.	1	2	3	4	5
32.	I can usually tell when I'm getting tired or frustrated.	1	2	3	4	5
33.	I get carried away emotionally when I get excited about something.	1	2	3	4	5
34.	I have trouble getting excited about something that's really special when I'm tired.	1	2	3	4	5
35.	It's hard for me to keep focused on something I find unpleasant or upsetting.	1	2	3	4	5



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		<b>NOT AT ALL TRUE FOR ME</b>	<b>NOT VERY TRUE FOR ME</b>	<b>NEITHER TRUE NOR UNTRUE FOR ME</b>	<b>SOMEWHAT TRUE FOR ME</b>	<b>REALLY TRUE FOR ME</b>
36.	I can resist doing something when I know I shouldn't do it.	1	2	3	4	5

DONE! THANK YOU!